

Updates to CDC COVID-19 Guidance for Fully Vaccinated Individuals Regarding Safety of Activities

On April 27th, the U.S Centers for Disease Control (CDC) published updates to guidance regarding activities that are considered safe for individuals fully vaccinated for COVID-19. The updates are based on increasing scientific evidence that fully vaccinated individuals experience significant reduction in risk of transmission of SARS-CoV-2, the virus that causes COVID-19, and overall severe illness from COVID-19. As we continue a return to normal after a long year of adhering to public health guidance, it is vital that community members are vaccinated at their earliest convenience before enjoying Spring and Summer activities so we can more quickly reduce the burden of this pandemic on our community.

The updated recommendations, which are attached and can also be found at the links below, describe the safety of activities for both fully vaccinated and those who are not yet vaccinated, and will be updated and expanded based on the level of community spread of SARS-CoV-2, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines. For the purposes of this guidance, individuals are considered fully vaccinated 2 weeks after they have received their second dose (Pfizer or Moderna COVID-19 vaccines), or their only dose (Johnson & Johnson COVID-19 vaccine).

Vaccination is quick (about 30-40 minutes) and safe. COVID-19 vaccines are proven to be safe and highly effective at preventing severe illness from COVID-19. [You can expect](#) some fatigue, soreness and fever, but over-the-counter medication will help with the common effects of your immune system doing its work. You can learn more about vaccine safety and efficacy at the Wisconsin Department of Health Services webpage below.

Jefferson County residents can register for their COVID-19 vaccination by clicking [here](#), or by visiting the [Jefferson County Health Department's COVID-19 Dashboard](#).

Department of Health Services Vaccine Safety and Efficacy Data

<https://www.dhs.wisconsin.gov/covid-19/vaccine-safety.htm>

Updated CDC Guidance for Fully Vaccinated Individuals

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

Wisconsin COVID-19 Vaccine Registry

<https://vaccinate.wi.gov/>

Public Contact: Vaccine@jeffersoncountywi.gov

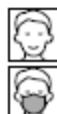
Media Contact: Sjakvani@jeffersoncountywi.gov

Updated April 28th, 2021

Choosing Safer Activities

Unvaccinated People		Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed

Take prevention measures

Fully vaccinated people: wear a mask

Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.